

Count Your Steps in 2009!



SC Department of Health and Environmental Control • Office of Minority Health
2600 Bull Street • Columbia, SC 29201 • (803) 898-3808
<http://www.scdhec.gov/health/minority/index.htm>





Today, more than ever, we are faced with a number of challenges. Challenges make us lose focus on the things we should do to take care of ourselves and our families.

In these times where we have to make decisions about the amount of gas we put in our cars, how to stretch our grocery dollars, or if we should take that much needed vacation to relieve a bit of stress, it is important for us to remember to make decisions that will help keep us healthy.

One of the easiest and most beneficial decisions you can make every day is to walk. Walking helps to:

- improve energy levels
- manage weight
- reduce stress and
- reduce the risk for heart disease, diabetes, some cancers, stroke and high blood pressure.

This year, make walking a habit. Gather your family and friends, and take this small step toward big health rewards.

From the DHEC Office of Minority Health staff, we wish you and yours a healthy new year.

Shauna P. Hicks, MHS, CHES
Director, Office of Minority Health

Count
Your
Steps
in 2009!

Remember to talk with your health care provider before starting any new exercise program.



It's Your Health...Take Charge!

JANUARY 2009

S	M	T	W	T	F	S
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FEBRUARY 2009

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MARCH 2009

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APRIL 2009

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MAY 2009

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JUNE 2009

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JULY 2009

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AUGUST 2009

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23	24	25	26	27	28	29
30	31					

SEPTEMBER 2009

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OCTOBER 2009

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NOVEMBER 2009

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DECEMBER 2009

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

IMPROVE YOUR CHANCES OF HAVING A HEALTHY BABY

- ✓ Take care of yourself before you get pregnant.
- ✓ Seek early and regular prenatal care.
- ✓ Avoid alcohol, tobacco and drugs.

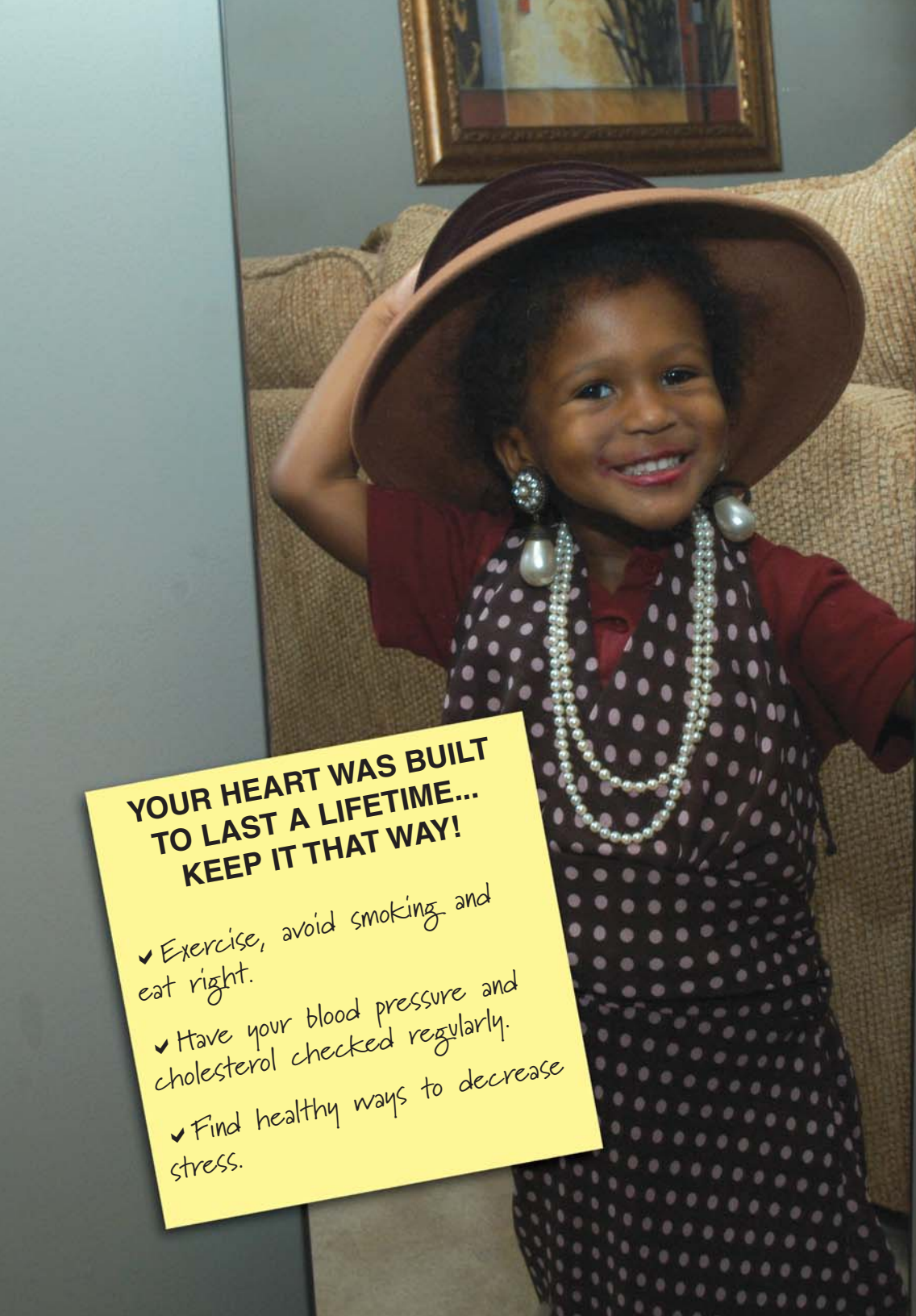


JANUARY 2009


NATIONAL BIRTH DEFECTS PREVENTION MONTH CERVICAL CANCER AWARENESS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DECEMBER 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEBRUARY 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		# Steps_____ 1 New Year's Day	# Steps_____ 2	# Steps_____ 3
# Steps_____ 4	# Steps_____ 5	# Steps_____ 6	# Steps_____ 7	# Steps_____ 8	# Steps_____ 9	# Steps_____ 10
# Steps_____ 11	# Steps_____ 12	# Steps_____ 13	# Steps_____ 14	# Steps_____ 15	# Steps_____ 16	# Steps_____ 17
# Steps_____ 18	# Steps_____ 19	# Steps_____ 20	# Steps_____ 21	# Steps_____ 22	# Steps_____ 23	# Steps_____ 24
	Martin Luther King Jr.'s Birthday Observed					
# Steps_____ 25	# Steps_____ 26	# Steps_____ 27	# Steps_____ 28	# Steps_____ 29	# Steps_____ 30	# Steps_____ 31

How many steps did you take this month?


A young girl with dark skin and curly hair is smiling at the camera. She is wearing a dark red short-sleeved shirt under a dark dress with white polka dots. She has a large, wide-brimmed tan hat with a dark red velvet band. She is also wearing large pearl earrings and a long pearl necklace. She is standing in front of a light-colored sofa. A yellow sticky note is overlaid on the bottom left of the image.

**YOUR HEART WAS BUILT
TO LAST A LIFETIME...
KEEP IT THAT WAY!**

- ✓ Exercise, avoid smoking and eat right.
 - ✓ Have your blood pressure and cholesterol checked regularly.
 - ✓ Find healthy ways to decrease stress.
- 
- A young girl with dark skin and curly hair is seen from the back, smiling. She is wearing the same dark red short-sleeved shirt under a dark dress with white polka dots, the large tan hat with a dark red velvet band, and the large pearl earrings and long pearl necklace. She is standing in front of a light-colored sofa. A yellow sticky note is overlaid on the bottom left of the image.

FEBRUARY 2009

BLACK HISTORY MONTH
AMERICAN HEART MONTH
NATIONAL CHILDREN'S DENTAL HEALTH MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
# Steps_____ 1 	# Steps_____ 2	# Steps_____ 3	# Steps_____ 4	# Steps_____ 5	# Steps_____ 6 Go Red For Women - Red Dress Day	# Steps_____ 7 National Black HIV/AIDS Awareness Day
# Steps_____ 8	# Steps_____ 9	# Steps_____ 10	# Steps_____ 11	# Steps_____ 12	# Steps_____ 13	# Steps_____ 14 Valentine's Day
# Steps_____ 15	# Steps_____ 16 Presidents' Day	# Steps_____ 17	# Steps_____ 18	# Steps_____ 19	# Steps_____ 20	# Steps_____ 21
# Steps_____ 22	# Steps_____ 23	# Steps_____ 24	# Steps_____ 25 Ash Wednesday	# Steps_____ 26	# Steps_____ 27	# Steps_____ 28
					JANUARY 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

How many steps did you take this month?

Two young girls with dark skin and hair are sitting on a wooden chair, looking at a book. They are wearing matching red dresses with black polka dots and ladybug patterns, over white long-sleeved shirts. Their hair is styled in pigtails with red bows. The book they are holding is open, showing text on the left page and a small illustration on the right page. A yellow sticky note is placed on the left side of the image, containing health advice.

TAKE CHARGE OF YOUR HEALTH

- ✓ Visit your health care provider for annual screenings and check-ups.
- ✓ Eat a healthy diet.
- ✓ Exercise to relieve stress.

MARCH 2009

NATIONAL NUTRITION MONTH
NATIONAL KIDNEY MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
# Steps_____ 1 	# Steps_____ 2	# Steps_____ 3	# Steps_____ 4	# Steps_____ 5	# Steps_____ 6	# Steps_____ 7
# Steps_____ 8	# Steps_____ 9	# Steps_____ 10	# Steps_____ 11	# Steps_____ 12	# Steps_____ 13	# Steps_____ 14
Daylight Savings Time						
# Steps_____ 15	# Steps_____ 16	# Steps_____ 17	# Steps_____ 18	# Steps_____ 19	# Steps_____ 20	# Steps_____ 21
# Steps_____ 22	# Steps_____ 23	# Steps_____ 24	# Steps_____ 25	# Steps_____ 26	# Steps_____ 27	# Steps_____ 28
# Steps_____ 29	# Steps_____ 30	# Steps_____ 31			<div> FEBRUARY 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 </div> <div> APRIL 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 </div>	

How many steps did you take this month?

**A BALANCED DIET IS
THE FIRST STEP
TOWARD GOOD HEALTH**

- ✓ Eat each of these food groups daily: dairy, meat, fruit, vegetables, and grains.
- ✓ Eat fruits and vegetables every day.



APRIL 2009

NATIONAL MINORITY HEALTH MONTH
CANCER CONTROL MONTH
NATIONAL STD AWARENESS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																											
Count Your Steps in 2009!			# Steps_____ 1	# Steps_____ 2	# Steps_____ 3	# Steps_____ 4																																																																																											
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Palm Sunday				First Day of Passover	Good Friday																																																																																												
# Steps_____ 12	# Steps_____ 13	# Steps_____ 14	# Steps_____ 15	# Steps_____ 16	# Steps_____ 17	# Steps_____ 18																																																																																											
Easter	Take a Loved One to the Doctor Day			Last Day of Passover																																																																																													
# Steps_____ 19	# Steps_____ 20	# Steps_____ 21	# Steps_____ 22	# Steps_____ 23	# Steps_____ 24	# Steps_____ 25																																																																																											
National Minority Cancer Awareness Week, April 19-25																																																																																																	
# Steps_____ 26	# Steps_____ 27	# Steps_____ 28	# Steps_____ 29	# Steps_____ 30	<div> <div>MARCH 2009</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> </div> <div> <div>MAY 2009</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1 2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>31</td></tr> </table> </div>		S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					S	M	T	W	T	F	S							1 2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							31
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National Infant Immunization Week, April 25-May 2																																																																																																	

How many steps did you take this month?



DON'T LET YOUR ASTHMA CONTROL YOU

- ✓ Identify and minimize contact with your asthma triggers.
- ✓ Take your medications as prescribed.
- ✓ Monitor your asthma and recognize early signs of trouble.
- ✓ Know what to do when your asthma is getting worse.

MAY 2009

NATIONAL STROKE AWARENESS MONTH
NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH
NATIONAL TEEN PREGNANCY PREVENTION MONTH
NATIONAL ASTHMA & ALLERGY AWARENESS MONTH


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	APRIL 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JUNE 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			# Steps_____ 1	# Steps_____ 2
	# Steps_____ 3	# Steps_____ 4	# Steps_____ 5	# Steps_____ 6	# Steps_____ 7	# Steps_____ 8
# Steps_____ 10	# Steps_____ 11	# Steps_____ 12	# Steps_____ 13	# Steps_____ 14	# Steps_____ 15	# Steps_____ 16
Mother's Day	<i>National Women's Health Week, May 10-16</i>					
# Steps_____ 17	# Steps_____ 18	# Steps_____ 19	# Steps_____ 20	# Steps_____ 21	# Steps_____ 22	# Steps_____ 23
# Steps_____ 24	# Steps_____ 25	# Steps_____ 26	# Steps_____ 27	# Steps_____ 28	# Steps_____ 29	# Steps_____ 30
# Steps_____ 31	Memorial Day					

How many steps did you take this month?

A young boy with short dark hair is smiling and looking towards the camera. He is wearing a red t-shirt with thin white and black horizontal stripes. He is holding onto a yellow vertical bar of a playground structure. The background shows other parts of the playground, including blue and green bars, and a sandy ground. A yellow sticky note is placed in the upper left corner of the image, containing text about preventing high blood pressure.

PREVENT HIGH BLOOD PRESSURE

- ✓ Exercise and maintain a healthy weight.
- ✓ Limit salt, alcohol and caffeine.
- ✓ Don't smoke...if you smoke, STOP.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	# Steps_____ 1	# Steps_____ 2	# Steps_____ 3	# Steps_____ 4	# Steps_____ 5	# Steps_____ 6
# Steps_____ 7	# Steps_____ 8	# Steps_____ 9	# Steps_____ 10	# Steps_____ 11	# Steps_____ 12	# Steps_____ 13
National Cancer Survivors Day						
# Steps_____ 14	# Steps_____ 15	# Steps_____ 16	# Steps_____ 17	# Steps_____ 18	# Steps_____ 19	# Steps_____ 20
		National Men's Health Week, June 15-21				
# Steps_____ 21	# Steps_____ 22	# Steps_____ 23	# Steps_____ 24	# Steps_____ 25	# Steps_____ 26	# Steps_____ 27
Father's day/Summer begins						National HIV Testing Day
# Steps_____ 28	# Steps_____ 29	# Steps_____ 30			MAY 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	JULY 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

How many steps did you take this month?

PLAY IT SAFE IN THE WATER

- ✓ Never leave a child alone around water.
- ✓ Children should always wear a floatation device when near the water.
- ✓ Always swim with a buddy, never swim alone.



JULY 2009

FIREWORKS SAFETY MONTH (THROUGH JULY 4TH)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JUNE 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	AUGUST 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	# Steps_____ 1	# Steps_____ 2	# Steps_____ 3	# Steps_____ 4
						Independence Day
	# Steps_____ 5	# Steps_____ 6	# Steps_____ 7	# Steps_____ 8	# Steps_____ 9	# Steps_____ 10
	# Steps_____ 12	# Steps_____ 13	# Steps_____ 14	# Steps_____ 15	# Steps_____ 16	# Steps_____ 17
	# Steps_____ 19	# Steps_____ 20	# Steps_____ 21	# Steps_____ 22	# Steps_____ 23	# Steps_____ 24
# Steps_____ 26	# Steps_____ 27	# Steps_____ 28	# Steps_____ 29	# Steps_____ 30	# Steps_____ 31	

How many steps did you take this month?




IMMUNIZE YOUR CHILD

- ✓ Keep shot records updated.
- ✓ Visit your local public health department or doctor's office for vaccines.

AUGUST 2009

NATIONAL IMMUNIZATION AWARENESS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	JULY 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	SEPTEMBER 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				# Steps _____ 1 <i>World Breastfeeding Week, August 1-7</i>	
	# Steps _____ 2	# Steps _____ 3	# Steps _____ 4	# Steps _____ 5	# Steps _____ 6	# Steps _____ 7	# Steps _____ 8
	# Steps _____ 9	# Steps _____ 10	# Steps _____ 11	# Steps _____ 12	# Steps _____ 13	# Steps _____ 14	# Steps _____ 15
	# Steps _____ 16	# Steps _____ 17	# Steps _____ 18	# Steps _____ 19	# Steps _____ 20	# Steps _____ 21	# Steps _____ 22
	# Steps _____ 23	# Steps _____ 24	# Steps _____ 25	# Steps _____ 26	# Steps _____ 27	# Steps _____ 28	# Steps _____ 29
	# Steps _____ 30	# Steps _____ 31					

How many steps did you take this month?

A young boy with dark, curly hair is sitting in a black leather office chair. He is wearing a light blue dress shirt, a dark blue patterned vest, and a blue patterned tie. He is holding a black flip phone to his ear with his right hand and has his left hand on a black Dell keyboard. A yellow sticky note is attached to the back of the chair. The background is a wooden desk and a computer monitor.

A FATHER'S HEALTH IS A FAMILY AFFAIR

- ✓ Encourage the men you know and love to get their prostate checked.
- ✓ African American men should be screened beginning at age 45.

SEPTEMBER 2009

PROSTATE CANCER AWARENESS MONTH
NATIONAL SICKLE CELL MONTH
NATIONAL CHOLESTEROL EDUCATION MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		# Steps _____ 1	# Steps _____ 2	# Steps _____ 3	# Steps _____ 4	# Steps _____ 5
	# Steps _____ 6	# Steps _____ 7	# Steps _____ 8	# Steps _____ 9	# Steps _____ 10	# Steps _____ 11
	Labor Day					
	# Steps _____ 13	# Steps _____ 14	# Steps _____ 15	# Steps _____ 16	# Steps _____ 17	# Steps _____ 18
	# Steps _____ 20	# Steps _____ 21	# Steps _____ 22	# Steps _____ 23	# Steps _____ 24	# Steps _____ 25
# Steps _____ 27	# Steps _____ 28	Fall begins	# Steps _____ 29	# Steps _____ 30	<div> <div> AUGUST 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> <div> OCTOBER 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> </div>	

How many steps did you take this month?



THREE STEPS FOR EARLY DETECTION OF BREAST CANCER

- ✓ Do your own breast self exam each month.
- ✓ See your health care provider for regular examinations.
- ✓ Have a mammogram every year beginning at age 40.

OCTOBER 2009

NATIONAL BREAST CANCER AWARENESS MONTH
SUDDEN INFANT DEATH SYNDROME (SIDS) AWARENESS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	SEPTEMBER 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		# Steps_____ 1	# Steps_____ 2	# Steps_____ 3	
	# Steps_____ 4	# Steps_____ 5	# Steps_____ 6	# Steps_____ 7	# Steps_____ 8	# Steps_____ 9	# Steps_____ 10
	# Steps_____ 11	# Steps_____ 12	# Steps_____ 13	# Steps_____ 14	# Steps_____ 15	# Steps_____ 16	# Steps_____ 17
	# Steps_____ 18	# Steps_____ 19	# Steps_____ 20	# Steps_____ 21	# Steps_____ 22	# Steps_____ 23	# Steps_____ 24
	# Steps_____ 25	# Steps_____ 26	# Steps_____ 27	# Steps_____ 28	# Steps_____ 29	# Steps_____ 30	# Steps_____ 31
	Columbus Day					Halloween	

How many steps did you take this month? # _____

**YOU ARE AT RISK FOR
DIABETES IF...**


- ✓ You are African American.
- ✓ You are overweight.
- ✓ You are 45 years or older.
- ✓ You have a family history with diabetes.

**Talk with your health care
provider to get tested!**



NOVEMBER 2009

AMERICAN DIABETES MONTH
LUNG CANCER AWARENESS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
# Steps_____ 1  Daylight Saving Time Ends	# Steps_____ 2	# Steps_____ 3 Election Day	# Steps_____ 4	# Steps_____ 5	# Steps_____ 6	# Steps_____ 7
# Steps_____ 8	# Steps_____ 9	# Steps_____ 10	# Steps_____ 11 Veterans Day	# Steps_____ 12	# Steps_____ 13	# Steps_____ 14
# Steps_____ 15	# Steps_____ 16	# Steps_____ 17	# Steps_____ 18	# Steps_____ 19 Great American Smokeout	# Steps_____ 20	# Steps_____ 21
# Steps_____ 22	# Steps_____ 23	# Steps_____ 24	# Steps_____ 25	# Steps_____ 26 Thanksgiving	# Steps_____ 27	# Steps_____ 28
# Steps_____ 29	# Steps_____ 30				OCTOBER 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

How many steps did you take this month?

**IT'S NOT TOO LATE
TO VACCINATE!**

Visit your local Health
Department or health
care provider for
your flu shot.

Enjoy a healthy and
happy holiday season!



DECEMBER 2009

SAFE TOYS AND GIFTS MONTH
NATIONAL DRUNK AND DRUGGED DRIVING (3D) PREVENTION MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		# Steps _____ 1	# Steps _____ 2	# Steps _____ 3	# Steps _____ 4	# Steps _____ 5
		World AIDS Day				
# Steps _____ 6	# Steps _____ 7	# Steps _____ 8	# Steps _____ 9	# Steps _____ 10	# Steps _____ 11	# Steps _____ 12
# Steps _____ 13	# Steps _____ 14	# Steps _____ 15	# Steps _____ 16	# Steps _____ 17	# Steps _____ 18	# Steps _____ 19
# Steps _____ 20	# Steps _____ 21	# Steps _____ 22	# Steps _____ 23	# Steps _____ 24	# Steps _____ 25	# Steps _____ 26
	Winter begins			Christmas Eve	Christmas Day	First Day of Kwanzaa
# Steps _____ 27	# Steps _____ 28	# Steps _____ 29	# Steps _____ 30	# Steps _____ 31		
				New Year's Eve	NOVEMBER 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2010 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

How many steps did you take this month?

JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER

